

FAMILY MEALS AND CATERING

A Cookery Booklet
for
Housewives

Published by

BRITISH MEDICAL ASSOCIATION

Price Sixpence

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BRITISH MEDICAL ASSOCIATION

FAMILY MEALS AND CATERING

INTRODUCTION

In November, 1933, the Nutrition Committee of the British Medical Association issued a report to the public containing detailed lists of foodstuffs and of the quantities required per week by individuals and families of varying size if health and working capacity were to be adequately maintained. Particular attention was paid to the selection of those foodstuffs which gave the highest nutritional value for the money expended, and, having regard to the importance of the problem of the proper nutrition of individuals and families in receipt of small incomes, care was taken to compile diets from the foodstuffs which are available in the cheapest markets. In this way it was ensured that diets which were judged on scientific grounds to be adequate for average healthy individuals in both quality and quantity would be obtainable at minimum cost, but the Committee emphasized that *from time to time and from place to place the actual cost would naturally vary*. At that time no attempt was made to work out menus or to give advice on the cooking and preparation of meals, although the Committee believed such a practical measure to be desirable to enable the housewife to make full use of the information supplied to her.

The step from the Committee room to the kitchen has now been taken. It soon became evident that somewhat dull and unappetizing lists of raw foodstuffs could be transformed into varied and attractive meals by making use of familiar recipes. The first practical move in this desired direction was taken by the teachers of domestic science at the Summer School of the Board of Education held in London in 1934, for in connection with this refresher course for teachers it was arranged to purchase and cook the foodstuffs as set down in the B.M.A. Report.

The menus and recipes included in this booklet are based on Diet 16 in that report for a family of five persons—father, mother, and three children, aged 6—8, 10—12, and 12—14 years. With good management and cooking, substantial meals were planned and prepared. Criticisms of the original diet by various teachers have been met, and on the basis of the original prices no increase of cost has been incurred by making the slight alterations necessary to ensure variety from week to week. Prices are not stressed: they vary so much from place to place and from time to time.

The results of this practical experiment in cooking are set forth in this booklet. This is not a learned document written by medical practitioners for the medical profession. It is meant to be a contribution by some practical cooks for the benefit of the housewife or the woman or girl who is cooking or learning to cook for a family. Daily menus for three weeks are plainly set down, and recipes for the main dishes are given in detail as well as shopping lists. More elaborate tables and schedules are printed at the end of the pamphlet for the use of teachers of domestic science. All the dishes listed in the menus have been cooked by young students of the National Training College of Domestic Science in London in their second term of cookery training. Coloured reproductions of actual photographs of the cooked dishes are printed in the booklet.

It will probably not often be possible for housewives to spend time and fuel on so much cooking every day, but, by selecting the dishes, two days' cooking could be done at one time, *and cold or uncooked foods could be used more if desired.* The aim of this booklet is, however, to suggest hot, savoury, and economical meals which are simple to prepare and for which the coal range in use to heat the home and dry clothes would be adequate for the cooking.

It is true that the shopper cannot always find the cheapest of each kind of food in one place, but the careful housewife will take advantage of the abundance or even gluts of fish, fruit, vegetables, and perishable goods generally which occur according to season, and these foodstuffs are usually low in price in districts where incomes are low. The price of dry goods does not vary much in these days of multiple stores. It will be noticed that such things as flank of beef, heart of ox and sheep, etc., are not included, but this could easily be done. Mince, however, is used in several dishes. For those who have to economize in time and fuel minced meat is an advantage, and the coarser cuts of beef can be used by the butcher for this purpose. Herrings appear in the menus, and this is an economical foodstuff when the price does not exceed 1d. per fish.

The butter supply arranged in Diet 16 is low. This would not be difficult to remedy. If the school children took advantage of the milk supply at school at $\frac{1}{2}$ d. per $\frac{1}{3}$ pt., the money saved on a general expenditure in milk could be used for butter, or margarine for mixing with the butter. Milk is such a valuable food that the supply originally specified has not been altered because the family contains young children. For fully grown adults some of the money allowed for milk could be employed for other purposes. Cocoa could be given instead of tea to the younger children. Packets of manufactured food (such as patent cereals, cake mixtures, etc.) are avoided because of their high cost, and tinned foods are used sparingly.

This booklet is primarily intended as a guide for families who have to plan carefully in order to "make ends meet," and it is also the hope of the Nutrition Committee that it will prove to be of practical use to others. Malnutrition is by no means confined to the poorer section of the community, and while there is undoubtedly a need for a wider understanding of the significance to health of qualitative defects in diet it is felt by the Committee that family catering and cooking based on its first report and on this practical manual are calculated to improve the well-being of individuals and families and the state of nutrition and health of the nation as a whole.

PRACTICAL NOTES ON THE USE OF THE MENUS AND RECIPES

1. The Shopping List for each week includes the total food required by the family per week for all meals.
2. The Menus given are for the two main meals of the day—Dinner and High Tea or Supper. **Details of breakfasts are not given, but ample food remains for this meal, and for supplementing other meals, after putting aside the foodstuffs for the dishes listed on the Menus.**
3. In making use of the Menus and Recipes it will be found that the coloured plate for each day corresponds with the list of items on the menu for the day, and that full information as to quantities of ingredients and cooking is given for each dish.
4. To turn up the appropriate Recipe for any dish it is only necessary to note the week number and day of the week, and then to look up the Recipes for that day. In weeks 2 and 3, if a dish has previously appeared on the Menu a reference to the week and day is inserted so that it may be readily found.

HOMELY MEASURES

1 tablespoonful, rounded, of flour and similar light ingredients	...	...	...	...	...	...	1 oz.
1 tablespoonful, filled level, of sugar and similar heavy ingredients	...	...	...	...	...	...	1 oz.
1 dessertspoonful	...	...	...	...	...	...	$\frac{1}{2}$ oz.
1 teaspoonful	...	...	...	...	...	...	$\frac{1}{2}$ oz.
1 teacupful	...	...	...	...	...	...	$\frac{1}{2}$ lb. or $\frac{1}{2}$ pt.
1 breakfastcupful	...	...	...	...	...	...	$\frac{1}{2}$ lb.
1 tumbler	...	...	...	...	...	...	$\frac{1}{2}$ pt.

PROPORTIONS OF SOME PRINCIPAL INGREDIENTS

Milk Puddings

$1\frac{1}{2}$ to 2 oz. of grain to every pt. of milk.

Sauces

$1\frac{1}{2}$ oz. to 2 oz. of fat and flour to every pt. of liquid.

Batter

$\frac{1}{2}$ as much flour as liquid for Yorkshire pudding, etc.

Short Pastry and Suet Pastry

$\frac{1}{2}$ as much fat as flour if plain flour is used.

$\frac{1}{2}$ as much fat as flour if baking powder is added.

Suet Puddings

$\frac{1}{2}$ as much suet and sugar as flour.

Plain Cakes

$\frac{1}{2}$ to $\frac{1}{3}$ as much fat and sugar as flour with different flavourings.

Rich Cakes

From $\frac{1}{2}$ as much fat and sugar as flour to equal quantities of these ingredients with different flavourings.

Baking Powder

1 teaspoonful to 1 lb. of flour for rich mixtures.

2 teaspoonfuls to 1 lb. of flour for medium mixtures.

3 teaspoonfuls to 1 lb. of flour for plain mixtures.

Soups

(a) Meat:

$\frac{1}{2}$ lb. meat and bones or bones to 1 pt. of water and flavourings.

(b) Vegetable:

$\frac{1}{2}$ lb. fresh vegetables to 1 pt. of water.

3 oz. peas, beans, and lentils to 1 pt. of water.

(Dinner and High Tea or Supper)

SUNDAY

Roast Beef, Yorkshire Pudding
Green Vegetable, Potatoes
Rice Pudding
.....

Cocoanut Cake
.....

Bread and Cheese and Cress

MONDAY

Cold Beef
Winter Salad, Mashed Potatoes
Steamed Date Pudding
.....

Cheese Savoury
Bread and Milk

TUESDAY

Shepherd's Pie
Parsnips or Carrots
Treacle Tart
.....

Split Pea or Lentil Soup
Bread and Cheese

WEDNESDAY

Cornish Pie and Gravy
Greens
Baked Apples and Custard
.....

Soup (remains)
Cheese and Rusks

THURSDAY

Stewed Tripe and Onions
Potatoes
Steamed Plum Duff
.....

Savoury Rice
Rusks. Bread and Milk

FRIDAY

Minced Meat Roly. Brown Sauce
Potatoes, Celery
Rusks and Jam
.....

Fried Herrings
Bread and Milk

SATURDAY

Savoury Pudding and Gravy
Parsnips
Chocolate Custard
.....

Melted Cheese on Toast

SHOPPING LIST

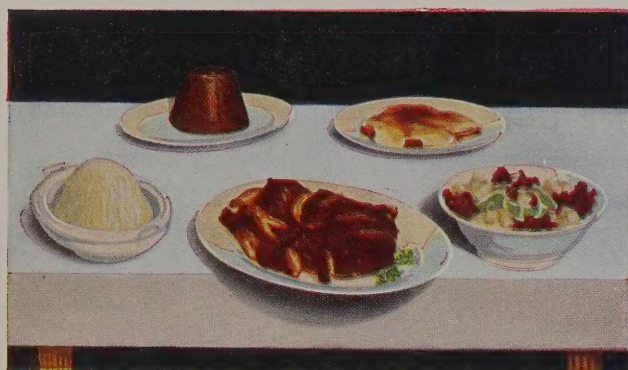
Family : Man, woman, and three children, aged 6—8, 10—12, and 12—14 years.

Beef	5 lb.	Sugar	6½ lb.	Small things from store :	Vegetables, etc. Pennyworths.
Minced Beef ...	1 lb.	Jam	1 lb.		
Bacon	1 lb.	Potatoes ...	15 lb.	Vinegar	Watercress ... 2
Corned Beef ...	¾ lb.	Lentils	¾ lb.	Pepper, salt, mustard	Apples 4
Cheese	2½ lb.	Tea	½ lb.	Baking powder & soda	Savoy 2
Milk	14 pt.	Oatmeal	¾ lb.	Custard powder	Greens 2
Kippers	1½ lb.	Rice	½ lb.	Nutmeg & spice	Onions 4
Butter	½ lb.	Treacle	1 lb.	Cocoa, 1 oz.	Beetroot 2
Suet	1 lb.	Eggs	3	Herbs	Celery 3
Lard	½ lb.	Raisins	½ lb.	Cocoanut (dried)	Parsnips 2
Margarine	½ lb.	Dates	½ lb.		Carrots 3
Flour	5½ lb.	Tripe	1½ lb.		
Bread	28 lb.	Herrings ...	4		

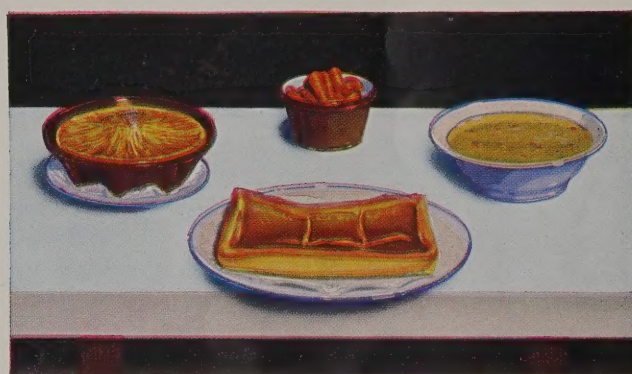
Sunday



Monday



Tuesday



Wednesday



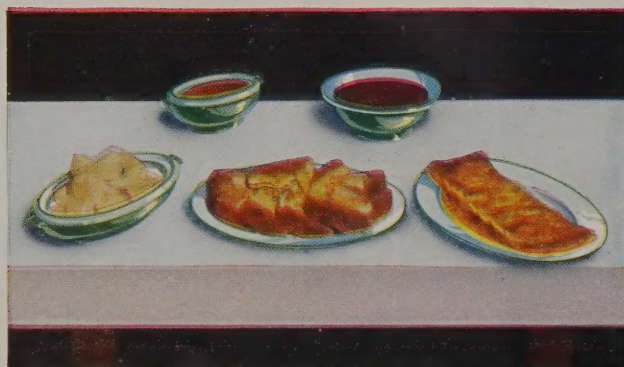
Thursday



Friday



Saturday



RECIPES FOR WEEK I

SUNDAY

ROAST BEEF

5 lb. ribs of beef (imported)

1. Wash (or wipe) meat. If frozen, leave until quite thawed before cooking.
2. Bake in a tin in a good oven for $1\frac{1}{2}$ hours ($\frac{1}{4}$ hour per lb. and $\frac{1}{4}$ hour over should be allowed for beef).
3. Baste during cooking.
4. When cooked, put the meat on to a hot dish. Pour off the dripping carefully, leaving 1 tablespoonful in the tin. Mix in 1 tablespoonful of flour, and $\frac{1}{4}$ pt. potato water. Boil well. Add pepper and salt and serve.

YORKSHIRE PUDDING

4 oz. flour
 $\frac{1}{4}$ pt. milk

1 egg
Salt

$\frac{1}{4}$ pt. water (slightly less)
Dripping from the joint

1. Put flour and salt into basin.
2. Make a well in the flour and drop in the egg and a little liquid.
3. With a wooden spoon stir the flour gradually into the liquid adding more liquid as required; when half the liquid has been used beat mixture for 5 to 10 minutes until full of air bubbles.
4. Stand aside for as long as possible ($\frac{1}{2}$ hour at least), then add remaining liquid.
5. Take a tablespoonful of dripping from the joint and put into a tin. Make hot and pour in the batter.
6. Bake in a hot oven until thoroughly brown, about $\frac{1}{2}$ hour.

Green Vegetable—2 lb. in season

1. Green vegetables such as savoy, cabbage, sprouts, etc., should stand in salted water for $\frac{1}{2}$ hour and then be washed carefully.
2. Place in boiling salted water—the vegetable being quite covered—and cook gently, 15 to 40 minutes according to age

Potatoes—3 lb. A few baked with the meat

1. Peel or scrape potatoes.
2. A few should be cooked with meat and the remainder should be placed in cold water to which salt has been added. brought to the boil, and cooked gently for 20 to 30 minutes.

RICE PUDDING

4 oz. rice
 $\frac{1}{2}$ oz. margarine
1 pt. milk

2 oz. sugar
1 pt. water

Nutmeg
Pinch of salt

1. Wash the rice and put it into a dish of suitable size.
2. Cover with the water and bake gently until the water is absorbed. Stir occasionally. Keep the dish covered during this cooking.
3. Pour in the milk, add sugar and a little grated nutmeg, and bake very gently for about $1\frac{1}{2}$ hours, until creamy and brown (no cover).

COCOANUT CAKE

1 lb. flour
4 oz. cocoanut
Pinch of salt

6 oz. sugar
6 oz. margarine
1 egg

$\frac{1}{2}$ pt. milk + water to mix
2 teaspoonfuls baking powder unless
self-raising flour has been used

1. Rub the fat into the flour and add the dry ingredients.
2. Mix to a stiff batter with the beaten egg, milk and water.
3. Put into a tin which has been greased and lined at the bottom with paper.
4. Bake until firm—about 2 hours.

RECIPES FOR WEEK I

SUNDAY MONDAY

WINTER SALAD

1 onion, raw
1 beetroot, cooked
1 carrot, raw, grated
1 lb. cooked potato
Just enough vinegar to moisten

1. The onion should be skinned and chopped finely, and the beetroot skinned and sliced. Scrape the carrot before grating it.
2. Arrange the ingredients carefully in a bowl and add a little vinegar.

Potatoes—3 lb. baked, boiled, or mashed

Mashed Potato:

1. Boil the potatoes, and when cooked drain and mash with the end of a rolling pin.
2. Add a little fat or milk and pepper and salt and beat well.

STEAMED DATE PUDDING

8 oz. flour
3 oz. suet, chopped
8 oz. dates, chopped
4 oz. soft brown sugar
 $\frac{1}{2}$ teaspoonful baking soda
 $\frac{1}{2}$ teaspoonful mixed spice
 $\frac{1}{2}$ pt. milk + water to mix

1. Put all the dry ingredients into a basin. Dissolve the soda in a little water.
2. Mix to a stiff batter with milk and water.
3. Put in greased pudding basin, cover top of basin with greased paper folded carefully over the edges.
4. Steam for 2 to 3 hours.
5. Serve with $\frac{1}{2}$ pt. thin custard sauce, made as directed on custard powder tin, using milk and water.

CHEESE SAVOURY

2 slices bread, toasted
1 $\frac{1}{2}$ oz. margarine
1 $\frac{1}{2}$ oz. flour
 $\frac{1}{2}$ pt. milk and water
Pepper, salt and mustard
4—6 oz. grated cheese

1. Cut toast into about 6 strips, in order that the savoury can be served easily. Put them close together on a dish.
2. To make the sauce, melt the margarine, add the flour and mustard, and stir briskly. Add the liquid, and boil well.
3. Add pepper and salt and $\frac{2}{3}$ of the cheese. After the cheese has melted, place the mixture on the slices of toast.
4. Sprinkle with cheese and brown under the grill or before the fire.

RECIPES FOR WEEK I

TUESDAY

SHEPHERD'S PIE

About $\frac{1}{2}$ lb. cooked meat
Mashed potato
Pepper and salt
Chopped parsley

Sauce { 1 oz. dripping
1 large onion
1 oz. flour
 $\frac{1}{2}$ pt. potato water

1. Take a frying pan or strong iron pan and fry the onion in dripping until golden brown ; add flour and stir together.
2. Add water and boil.
3. Withdraw from fire and add meat and pepper and salt.
4. Line a greased pie dish thinly with nicely seasoned mashed potato.
5. Put in the mince. Cover with mashed potato. Spread over with $\frac{1}{2}$ oz. margarine.
6. Decorate with a fork and bake in a good oven until well browned (20 minutes).

Parsnips or Carrots—2 lb.

1. Scrub, peel thinly or scrape. If large, cut into quarters.
2. Cook gently in boiling water with a pinch of salt until tender (30 to 60 minutes).
3. Use the water for the soup.

TREACLE TART

Pastry {	8 oz. flour	8 oz. treacle
	4 oz. lard	Few breadcrumbs
	Little baking powder (optional)	A little lemon rind if possible
	Salt	
	Water	

Make short pastry as follows:

1. Rub the fat into the flour, add salt.
2. Add water a little at a time and mix with a knife at first and then with the hand. Care should be taken to add only sufficient water to make a dry dough. Wipe the basin quite clean with the dough.
3. Line a flat greased tin with the pastry.
4. Mix the treacle (warming if necessary), crumbs, and lemon rind. Put on to the pastry.
5. Bake until pastry is golden brown in a moderate oven (20 to 30 minutes).

SPLIT PEA SOUP (OR LENTIL)

1 oz. dripping
Bones from the joint. Bacon
rinds, or bacon bones

12 oz. split peas or lentils (soaked)

Carrot, onion, outside leaves of
celery, cut into small pieces
Few herbs and parsley
2 qrt. water

1—2 oz. flour
 $\frac{1}{2}$ pt. milk
Pepper and salt

1. The split peas should be washed and soaked overnight.
2. Clean carrot, onion and celery and cut into small pieces.
3. Melt the fat and fry the rinds and bones in a strong iron pan.
4. Add all the vegetables and continue cooking for 5 to 10 minutes, stirring frequently to prevent burning.
5. Add water and herbs and cook for $1\frac{1}{2}$ to 2 hours or until tender.
6. Remove bones and rinds.
7. Add flour creamed with milk, and stir until the soup boils.
8. Add pepper and salt to taste.

RECIPES FOR WEEK I

WEDNESDAY

CORNISH PIE

Few pieces of cold meat, about 2—4 oz.

1 lb. potatoes

2 onions

Parsley and very little herb

Pepper and salt

Pastry { $\frac{1}{2}$ lb. flour
4 oz. lard
1 teaspoonful baking powder (optional)
Water

1. Make pastry. Cut into two pieces, and line a greased tin or enamel plate thinly with one piece.
2. Cut the onion, potato, and meat into small pieces. Season very well and put on to pastry lining.
3. Moisten edges, cover with pastry, gently pressing the edges together.
4. Trim, decorate, and brush over with a little milk, making a hole for steam to escape, and cook in a good oven for 30 minutes.

Brown Gravy *1 onion*

$\frac{1}{2}$ pt. water

1 oz. dripping

Seasoning

1 oz. flour

1. Fry onion in 1 oz. dripping until golden brown.
2. Add 1 oz. flour and stir briskly. Add the water and cook for $\frac{1}{2}$ hour, stirring all the time. If given this time the onion, which should be brown but not burnt, will colour the sauce.

Greens—2 lb. sprouts or greens (see Sunday recipe)

CUSTARD

$\frac{1}{2}$ pt. milk

1 oz. sugar

$\frac{1}{4}$ pt. water

1 dessertspoonful custard powder

Make as directed on the custard powder tin.

Apples—2 lb. Wash the apples and bake in the oven with the Cornish pie.

RUSKS

Any trim-looking crusts or slices of bread baked slowly in the oven until very crisp

THURSDAY

STEWED TRIPE AND ONIONS

1 $\frac{1}{2}$ lb. tripe

1 $\frac{1}{2}$ oz. flour

1 lb. onions

$\frac{1}{4}$ pt. milk

$\frac{3}{4}$ pt. water

1. Wash the tripe and slice or quarter the onion.
2. Place in a saucepan with the water and a little pepper and salt and simmer gently until tender (about 2 hours).
3. Mix the flour to a smooth cream with the milk, add to the tripe and cook for another 10 minutes.
4. Serve very hot, garnished with pieces of toasted bread.

Potatoes—3 lb. steamed over the Plum Duff.

STEAMED PLUM DUFF

12 oz. flour

4 oz. suet, chopped

Pinch of salt

2 oz. brown sugar

2 teaspoonfuls baking powder if

4 oz. raisins (stoned)

self-raising flour is not used

Water to mix

1. Mix the dry ingredients, first cleaning the raisins.
2. Make a well in the centre and pour in a little water; mix in the dry ingredients gradually, adding more water as required until a soft dough is formed.
3. Make into a roll; tie in a floured cloth and boil for 2 hours, or place in a greased basin, cover with greased paper, and steam for 3 hours.

SAVOURY RICE

4 oz. rice

$\frac{1}{2}$ pt. milk

4—6 oz. cheese

Pepper and salt

$\frac{1}{2}$ pt. water

1. Wash the rice; cook slowly in the oven or a saucepan with the water until this is absorbed.
2. Stir the milk, pepper and salt and $\frac{2}{3}$ cheese into the rice.
3. Sprinkle with remaining cheese and bake in a fairly quick oven until well browned (about 20 minutes).

RECIPES FOR WEEK I

FRIDAY

MINCED MEAT ROLY

1 lb. raw minced meat
1 onion, minced
Parsley
Pepper and salt
Brown sauce or gravy

Pastry { $\frac{3}{4}$ lb. flour
2 teaspoonfuls baking powder
4 oz. suet

1. Moisten the meat and onion with a little brown sauce from the supply made to serve with the roly.
2. Make the pastry, roll out and spread with mince.
3. Roll up, moistening and sealing the edges, put in a greased jam jar and steam for 2 to 3 hours. (It could be wrapped in a greased paper and steamed or put into a floured cloth and boiled.)

Brown Sauce $1\frac{1}{2}$ oz. dripping
Root vegetable
 $1\frac{1}{2}$ oz. flour

1 onion
 $\frac{3}{4}$ pt. water

1. Fry the onion in the dripping, add the other vegetable cut neatly. Fry a little and add the flour.
2. Stir in the water. Bring to boiling point and leave to cook very slowly for $\frac{1}{2}$ hour.
3. Do not strain but pour over the roly when it is cooked.

Potatoes 2 lb. steamed in the skins

Cut a ribbon of peel from the potatoes and steam over the roly poly for about 40 minutes.

Celery—2 heads

1. Wash well, cut into even lengths, and cook in boiling salted water for about 1 hour.
2. Lift celery from pan. Cream 1 tablespoonful of flour with 1 tablespoonful of milk and stir in $\frac{1}{2}$ pt. of the liquor in which the celery has been cooked. Return to the pan and boil. Add pepper.
3. Pour this sauce over the celery.

FRIED HERRINGS

1. Clean the herrings and dip each into medium oatmeal.
2. Heat 2 oz. dripping until it smokes.
3. Fry the herrings on both sides and serve very hot. This will take about 10 minutes.

SATURDAY

SAVOURY PUDDING

12 oz. crusts of bread or stale bread
1 lb. onions
1 egg

4 oz. suet
3 tablespoonfuls medium oatmeal
2 teaspoonfuls dried sage

Salt and pepper
 $\frac{3}{4}$ pt. milk

1. Soak the crusts in water for 3 hours before using, squeeze as dry as possible.
2. Chop the onions and suet finely.
3. Add all the dry ingredients to the soaked crusts and mix well; season carefully.
4. Beat the egg, add milk and pour in to the mixture.
5. Melt 1 oz. fat in a shallow baking tin. Put the pudding into the tin and cook until well browned (about an hour like a bread pudding).
6. Remove from the oven and allow the pudding to stand for a few minutes.
7. Cut into squares and dish carefully. Serve with brown sauce.

Parsnips—2 lb (see Tuesday recipe)

CHOCOLATE CUSTARD

1 pt. milk
1 oz. custard powder
1 oz. cocoa

2 oz. sugar
 $\frac{1}{2}$ pt. water

1. Make a thin paste of the cocoa, custard powder and water.
2. Add this mixture to the boiling sweetened milk. Boil 3 minutes.

MELTED CHEESE

1. Shred 4 to 8 oz. cheese, and put it on pieces of toast very thickly.
2. Melt under the grill or in front of the fire.

(Dinner and High Tea or Supper)

SUNDAY

Roast Pork, Sage and Onions

Greens, Potatoes

Apple Pie

Cocoanut Rings

Bread and Cheese, Cress

MONDAY

Steak Pie

Hot Beetroot, Mashed Potatoes

Steamed Jam Roly Poly

Pickled Herrings

Bread and Milk

TUESDAY

Fried Fish, Parsley Sauce

Mashed Potatoes

Treacle Pudding

Cottage Soup

WEDNESDAY

Beef Collops

Steamed Potatoes

Boiled Rice and Treacle

Grilled Herrings

Bread and Milk

THURSDAY

Sausage in Batter, Gravy

Carrots, Potatoes

Apples and Sago (Bird's Nest Pudding)

Savoury Beans

Bread and Milk

FRIDAY

Hot Pot

Swedes

Steamed Fruit Pudding

Bread and Cheese

Parkin Biscuits

SATURDAY

Sea Pie

Potatoes

Stewed Figs and Custard

Baked Potatoes and Cheese

SHOPPING LIST

Family: Man, woman, and three children, aged 6—8, 10—12 and 12—14 years.

Pork	1½ lb.	Flour	5½ lb.	Small things from store :	Vegetables, etc.	Pennyworths
Beef	1½ lb.	Bread	24½ lb.		Swedes ...	2
Mutton (breast) .	1 lb.	Sugar	5 lb.	Vinegar	Apples or	
Sausage... ..	½ lb.	Jam	1 lb.	Baking powder	Gooseberries	3
Minced beef ...	1 lb.	Potatoes ...	21½ lb.	Ground ginger	Tomatoes ¼ lb.	1
Bacon	1½ lb.	Tea	½ lb.	Spice	Apples ...	6
Corned Beef ...	¾ lb.	Oatmeal ...	1 lb.	Baking soda	Greens ...	2
Cheese	1¾ lb.	Rice	½ lb.	Custard powder	Beetroot ...	2
Milk	14 pt.	Treacle... ..	1¼ lb.	Pepper, salt	Cress ...	2
Kippers... ..	1¼ lb.	Haricot beans ...	¾ lb.	Sago (fine)	Onions ...	4½
Herrings ...	4	Cocoanut (dried) .	½ lb.	Herbs	Carrots ...	2½
Butter	½ lb.	Eggs	3			
Suet	1 lb.	Fish	1½ lb.			
Lard	¼ lb.	Figs	1 lb.			
Margarine ...	1¼ lb.					

Sunday



Monday



Tuesday



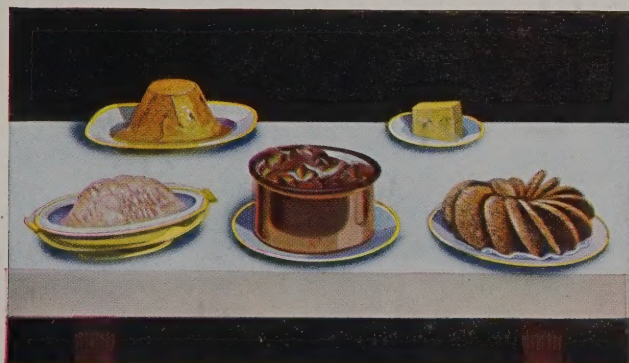
Wednesday



Thursday



Friday



Saturday



RECIPES FOR WEEK II

SUNDAY

ROAST PORK STUFFED

Stuffing { $1\frac{1}{2}$ lb. pork (breast and blade are the cheapest cuts)
8 oz. soaked crusts of bread, squeezed dry
1 lb. onions, cooked
1 oz. margarine
1 dessertspoonful chopped sage
Pepper and salt

1. Drain the cooked onions and chop finely.
2. Mix all the ingredients for the stuffing and form into a ball for handling.
3. If the joint is boned, spread the stuffing on the meat, roll up, and secure with string; otherwise form stuffing into balls to bake with meat or in a separate tin or dish.
4. Roast pork 25 minutes to the lb. and 25 minutes over.

Greens—2 lb.

Potatoes—3 lb. A few baked

APPLE PIE

$\frac{1}{2}$ lb. flour
 $\frac{1}{4}$ lb. lard
1 lb. apples
2 oz. sugar

1. Make a good dry pastry.
2. Divide into two pieces. Line a tin or enamel plate with one piece.
3. Peel, core and cut the apples into pieces. Lay them on the pastry. Put in the sugar and sprinkle with water.
4. Damp the edges of the lining pastry. Roll out the other piece, place it over the apple and decorate. Bake for about 40 minutes in a quick oven.

COCOANUT RINGS

10 oz. self-raising flour
6 oz. margarine
1 egg
Pinch of salt
4 oz. sugar
4 oz. cocoanut

1. Rub the fat into the flour. Add 3 oz. sugar, 2 oz. cocoanut and the salt.
2. Mix to a dry dough with some of the beaten egg, adding a little milk if necessary.
3. Roll out $\frac{1}{4}$ in. thick. Cut into rounds and cut the centre out of each.
4. Brush the rings with remaining egg and dip them in equal parts of sugar and cocoanut.
5. Bake in a moderate oven for 15 minutes.

RECIPES FOR WEEK II

MONDAY

STEAK PIE

1 lb. steak (meat pie pieces)	Pepper
1 onion	Salt
1 oz. flour	Water

1. Cut the meat into smaller pieces, put into a pie dish or jar with the flour and seasoning and just enough water to cover it. If meat is tough, a little vinegar should be added.
 2. Cover closely and cook very slowly in the oven for $1\frac{1}{2}$ to 2 hours.
 3. Fill up the pie dish, if necessary, with slices of potato and cover with short or rough puff pastry. Cook for about 1 hour longer.
- (NOTE.—If the meat is tender the preliminary cooking can be omitted. The raw meat can be covered with the pastry and the pie cooked for 2 hours.)

Rough Puff Pastry

4 oz. margarine or lard	
6 oz. flour + 2 oz. for rolling	Water

1. Put flour and salt into a basin.
2. Add the margarine or lard cut in pieces the size of a walnut and mix to a dough with water.
3. Roll out. Fold in to three, seal edges by pressing lightly, turn half way round with the open edges towards the worker, and roll out again.
4. Repeat the rolling and turning 3 to 5 times, allow the pastry to stand in a cold place for a time between each two rollings.
5. Cover the pie dish in the usual way and bake in a hot oven at first.

Potatoes—2 lb. mashed

Hot Beetroot

2 medium-sized beetroots (cooked)	Pepper and salt
$\frac{1}{2}$ oz. dripping	Chopped onion
	1 oz. flour

1. Melt dripping and fry a little chopped onion. Add $\frac{1}{2}$ pt. water and seasoning.
2. In this liquid heat the sliced, cooked beetroot for a few minutes.
3. When hot, lift the beetroot out of the liquid and add 1 oz. flour which has been mixed to a cream with a little vinegar.
4. Pour this sauce over the sliced beetroot. The slices should not be too thin.

STEAMED JAM ROLY

10 oz. flour	8 oz. jam
$1\frac{1}{2}$ teaspoonfuls baking powder unless self-raising flour used	Pinch of salt
4 oz. suet, chopped	Water to mix

1. Put the flour, suet and salt in a basin and mix to a soft dough with water.
2. Roll to an oblong shape and spread with jam, leaving an edge of about $\frac{1}{2}$ in. without jam.
3. Moisten this edge. Roll pudding up, sealing the end.
4. Place in a greased paper or greased jam jar.
5. Steam for $1\frac{1}{2}$ to 2 hours.

PICKLED HERRINGS

4 herrings	Spices
1 onion in thin slices	Pepper and salt
$\frac{1}{2}$ pt. vinegar	

1. Wash fish, bone, season and roll up neatly with roes inside, or leave whole and unboned.
2. Put fish, onion and spice into a dish.
3. Cover with vinegar and some water.
4. Cover dish with a greased paper, put on lid. Bake for $\frac{1}{2}$ hour.

RECIPES FOR WEEK II

WEDNESDAY

TUESDAY

FRIED FISH

Batter {	1½ lb. fish	Sauce {	½ pt. milk
	Dripping		½ pt. water
	4 oz. flour		Remainder of batter
	1 teaspoonful baking powder		Pepper and salt
	Water		Parsley

1. Wash fish quickly and dry well.
2. Cut the fish into neat pieces.
3. Make the batter just before it is needed, of a consistency to coat the spoon used.
4. Dip the fish into the batter and fry in smoking hot fat.
5. Drain fish from fat and serve very hot.

Potatoes—3 lb. mashed

THURSDAY

TREACLE PUDDING

12 oz. flour
Pinch of salt
2 teaspoonfuls baking powder unless self-raising flour is used
4 oz. suet, chopped
Water to mix
2 tablepoonfuls treacle

1. Put the treacle in the bottom of a greased basin.
2. Mix the dry ingredients to a thick batter with the water. Pour on to the treacle in the basin and steam for 2 or 3 hours.

COTTAGE SOUP

½ lb. potatoes
½ lb. onions
½ lb. carrots
Outside stalks of celery, if possible
1½ pt. water (use the potato water)

1 oz. margarine
1 oz. flour
½ pt. milk
2 oz. cheese

1. Cut up the vegetables. Fry them lightly in the margarine.
2. Add enough of 1½ pt. of water to cover, and cook until tender.
3. Beat the thick vegetable mixture.
4. Add the remaining water and make up the liquid to 1½ pt. if it has boiled away.
5. Cream the flour with the milk, add to soup and stir until it boils. Boil 10 minutes.
6. Add grated cheese, pepper and salt and serve.
7. Chopped parsley or shredded lettuce can be added just before serving.

RECIPES FOR WEEK II

WEDNESDAY

BEEF COLLOPS

1 lb. minced beef (raw)	1 oz. flour	$\frac{1}{2}$ pt. water
4 oz. onion	Pepper and salt	2 slices bread toasted
1 oz. dripping	Parsley	

1. Cut the onion into thin slices and fry in the dripping to a nice brown colour.
2. Add the flour and then the minced meat. Stir over heat for a few minutes. Add water and simmer.
3. Cook very gently for about 30 minutes. Stir occasionally, and add more water if necessary.
4. Season well. Serve on toast cut into pieces and garnish with thin strips of toast.

Potatoes—3 lb. steamed in the skins

1. Scrub potatoes and cut a ribbon of peel from each. Steam for about 40 minutes over the boiling rice.

BOILED RICE AND TREACLE

$\frac{1}{2}$ lb. rice

1. Put the washed rice into a greased basin. Cover with water.
2. Tie a cloth over the basin and drop it into boiling water—the water must cover the basin. Cook for $1\frac{1}{2}$ hours.
3. When cooked the rice should turn out like a mould. Serve treacle with it.

GRILLED HERRINGS

1. Clean and bone 4 herrings, or they may be left unboned.
2. Grease a tin by melting 1 oz. margarine in it.
3. Dip the outside of the herrings into the fat and toast them, greased side uppermost, for a short time.
4. Turn them quickly and continue toasting them until done (about 6 or 8 minutes altogether).
5. When turned the herrings should be basted with the liquor and just at the end, if parsley is sprinkled over the herrings and they are basted once more, they will be very tasty. They could be done in the oven.

THURSDAY

SAUSAGE IN BATTER

$\frac{1}{2}$ lb. sausage	1 egg
6 oz. flour	Salt and pepper
$\frac{1}{4}$ pt. water	1 oz. dripping
$\frac{1}{2}$ pt. milk	

1. Skin the sausages and roll them into 12 portions. Lay these in the tin with the dripping. Put into the oven to melt the dripping when batter is ready.
2. Put the flour and salt into a basin, drop in the egg and half the liquid.
3. Stir in the flour and beat very well, and add remaining liquid.
4. Stand for $\frac{1}{2}$ hour. Pour the batter over the sausages and bake for about $\frac{3}{4}$ hour.

Carrots—2 lb.

1. Prepare and cut them into strips or rounds. Put into a stew jar with 1 oz. margarine and a little water.
2. Bake until tender. Stir them over occasionally. Sprinkle with chopped parsley when cooked, and season.

Potatoes—3 lb.

Gravy—(see recipe for Wednesday, Week I.)

APPLE AND SAGO PUDDING

6 medium-sized apples	$1\frac{1}{2}$ pt. water
3 oz. sago or tapioca	Spice
2 oz. sugar	

1. Peel the apples. Take out the cores and fill the cavity with sugar and a little spice. Pack closely into a dish.
2. Wash sago and cook in water until transparent. Pour over apples and bake in moderate oven until apples are soft.

SAVOURY BEANS

12 oz. haricot beans washed and soaked	Salt and pepper
1 onion	4 oz. tomato
1 oz. dripping or margarine	2 oz. slice of bacon
1 tablespoonful treacle	

1. Soak the beans for 24 hours.
2. Put into a jar with onion, fat, treacle, and just enough water to cover.
3. Cook very gently for 4 hours covered closely, in the oven or on the stove.
4. Add skinned tomatoes, bacon in small pieces, and seasoning $\frac{1}{2}$ hour before serving; or the bacon can be placed on top of the beans and browned.

RECIPES FOR WEEK II

FRIDAY

HOT POT

1 lb. breast mutton
2 lb. potatoes

$\frac{1}{2}$ lb. onions
Pepper and salt

Little dripping
Water

1. Cut the mutton and vegetables into pieces.
2. Arrange in a pie dish layers of meat, potato, onion and seasoning. Add water.
3. Arrange nice pieces of potato on the top.
4. Cover closely with greased paper and cook for $1\frac{1}{2}$ hours in the oven.
5. Take off the cover. Grease the potatoes with dripping and bake until brown.

Swedes—3 lb. Pare and steam over the pudding.

STEAMED FRUIT PUDDING

12 oz. flour
2 teaspoonfuls baking powder unless
self-raising flour is used

4 oz. chopped suet
2 lb. apples
4 oz. brown sugar

1. Grease the basin and line with some of the sugar.
2. Make the pastry of elastic consistency.
3. Line basin with about $\frac{3}{4}$ of the pastry, put in the apple, sugar, and some water.
4. Moisten edge of basin and cover with remainder of pastry.
5. Cover with greased paper and steam for $2\frac{1}{2}$ hours or boil for 2 hours.

PARKIN BISCUITS

4 oz. flour
4 oz. medium oatmeal
1 egg
2 oz. sugar
2 $\frac{1}{2}$ oz. margarine
3 oz. treacle
1 teaspoonful ground ginger

$\frac{1}{2}$ teaspoonful cinnamon or a little mixed spice
 $\frac{1}{2}$ teaspoonful baking soda
Little warm milk

1. Warm the margarine and treacle.
2. Mix all dry ingredients in a basin.
3. Add margarine, treacle, beaten egg and enough warm milk or milk and water to mix to a stiff dough.
4. Divide into 16 pieces. Roll each into a ball and flatten, and arrange on a greased tin allowing room for the biscuits to spread.
5. Bake in a moderate oven for 20 to 30 minutes.

SATURDAY

SEA PIE

Stew { $\frac{1}{2}$ lb. beef cut into dice
2 onions " " "
4 carrots " " "
1 turnip " " "
1 tablespoonful flour
1 pt. water
1 teaspoonful vinegar
Seasoning

Pastry { 8 oz. flour
1 teaspoonful baking
powder
3 oz. suet

1. Put the ingredients for the stew into a saucepan (not small) or into a stew jar.
2. Cook gently for 2 hours. Add a little gravy salt to colour. Stir well.
3. Make the suet pastry. Form it into a round shape to fit into the pan or jar. Cut it into sections.
4. Cook the stew for $\frac{1}{2}$ hour longer and serve it in the jar. If cooked in a pan, remove the sections of crust, put stew into a dish and arrange the pieces of crust carefully on the top.

Potatoes—2 lb.

STEWED DRIED FRUIT

1 lb. figs

3 oz. sugar

1. Wash and soak the fruit overnight.
2. Stew gently for $\frac{1}{2}$ hour. Add sugar and continue cooking for $\frac{1}{2}$ hour.

Custard—See Week I, Wednesday. Use 1 pt. milk

BAKED POTATOES AND CHEESE

2 lb. potatoes

4 oz. cheese

Pepper and salt

1. Remove centre from baked potatoes, and mix with grated cheese and pepper and salt.
2. Put mixture in the potatoes, make hot and serve. If there is not time to do this, serve the potatoes and cheese separately.

(Dinner and High Tea or Supper)

SUNDAY

Roast Stuffed Breast of Mutton
Boiled Onions, Potatoes
Stewed Apples and Cornflour

Gingerbread

Bread and Cheese. Piccalilli

MONDAY

Cold Beef Roll
Mashed Potatoes, Salad
Steamed Treacle Layer Pudding

Lentil and Tomato Soup

TUESDAY

Liver and Bacon
Braised Onions, Potatoes
Cornflour Mould and Jam Sauce

Cold Beef Roll (remains)
Soup (remains). Piccalilli

WEDNESDAY

Stewed Rabbit and Dumplings
Potatoes
Steamed Fig Pudding and Custard Sauce

Macaroni Cheese
Bread and Milk

THURSDAY

Sausages
Peas and Mashed Potatoes
Apple Dumplings

Fried Eggs and Onions
Bread and Milk

FRIDAY

Mutton Pie
Greens or Cress
Baked Milk Pudding
Stewed Plums

Potato Omelette

SATURDAY

Mince and Rice
Swede Turnip
Open Jam Tart

Baked Mackerel
Bread and Milk

SHOPPING LIST

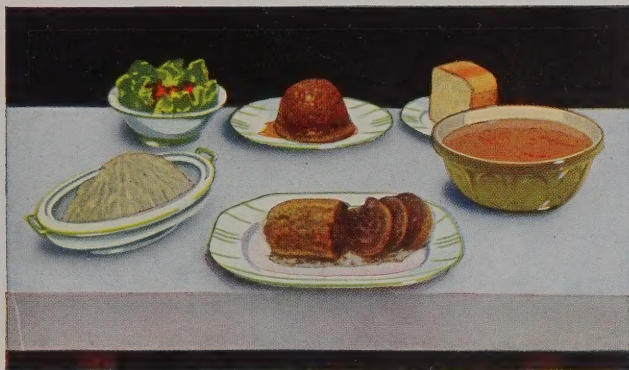
Family: Man, woman and three children, aged 6—8, 10—12 and 12—14 years.

Sausages	...	1½ lb.	Bread	...	24 lb.	Small things from store:	Vegetables, etc.	Pennyworths
Rabbit	...	1	Sugar	...	6½ lb.	Baking soda	Small cauli-	
Ox Liver	...	1 lb.	Jam	...	1 lb.	Ground ginger	flower	...
Minced Meat	...	2 lb.	Potatoes	...	19 lb.	Cloves	Onions	...
Mutton	...	2½ lb.	Dried Peas	...	½ lb.	Small tin tomatoes	Apples	...
Bacon	...	1½ lb.	Lentils	...	½ lb.	Sago, ¼ lb.	Tomatoes ½ lb.	...
Corned Beef	...	¾ lb.	Tea	...	½ lb.	Mixed spice	Greens or	
Cheese	...	1½ lb.	Oatmeal	...	½ lb.	Mustard, pepper, salt	watercress	...
Milk	...	14 pt.	Rice	...	¾ lb.	Cornflour	Lettuce	...
Kippers	...	1½ lb.	Treacle	...	1 lb.	Curry powder	Carrots	...
Butter	...	½ lb.	Macaroni	...	¾ lb.	Turmeric	Swedes	...
Suet	...	½ lb.	Eggs	...	6	Vinegar	Plums	...
Lard	...	¾ lb.	Figs	...	½ lb.	Custard Powder	Lemon	...
Margarine	...	1 lb.	Mackerel	...	1½ lb.			
Flour	...	4½ lb.						

Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



RECIPES FOR WEEK III

SUNDAY

ROAST STUFFED BREAST OF MUTTON

Stuffing { $1\frac{1}{2}$ lb. breast of mutton boned
4 oz. breadcrumbs
1 oz. suet
1 teaspoonful chopped parsley. Salt

1. Mix ingredients for stuffing to a moist crumbling consistency with milk.
2. Spread the stuffing on the meat; roll or fold over and secure with string to make a neat joint.
3. Roast for one hour.
4. Pour fat from the dripping tin, leaving a little to mix with 1 oz. flour. Add seasoning and water from the vegetables. Boil this gravy. Colour with a little gravy salt.

Potatoes—3 lb. 1 lb. baked with the meat; 2 lb. boiled or steamed

Boiled Onions—2 lb. onions; 1 oz. flour

1. Boil the onions in just enough water to cover, and remove from the water when cooked. See that the remaining water is about $\frac{1}{2}$ pt. (rather under).
2. Cream the flour with a tablespoonful of milk, add onion water, return to the pan and boil.
3. Add pepper and salt and pour the sauce over the onions.

STEWED APPLES AND CORNFLOUR

$1\frac{1}{2}$ lb. apples stewed with 3 oz. sugar
 $\frac{1}{2}$ pt. milk
1 oz. cornflour
1 oz. sugar

1. Peel and core the apples and cut into slices.
2. Make a syrup with the sugar and water, add sliced apple and simmer in pan gently until cooked. Put into a pie dish.
3. Rinse the pan. Put in the cornflour and sugar and stir the milk in gradually, mixing it with the cornflour very carefully at first.
4. Boil and pour over the apples.
5. Grate nutmeg on top.

GINGERBREAD

12 oz. flour 6 oz. margarine
6 oz. soft brown sugar 4 oz. dark treacle
2 teaspoonfuls ground ginger 1 small teaspoonful baking soda
1 egg and a little milk and water

1. Grease a flat tin.
2. Stand the treacle in a warm place to melt.
3. Rub the fat into the flour; add all the dry ingredients.
4. Add the warm treacle, beaten egg and milk and water, and mix to a thick batter, which will just drop from the spoon.
5. Bake in a very moderate oven until firm.

PICCALILLI—($\frac{1}{2}$ quantities used this week)

1 teaspoonful curry powder $\frac{1}{2}$ lb. brown sugar Apple, cauliflower, cucumber,
1 teaspoonful turmeric $2\frac{1}{2}$ oz. flour beans and small onions, or
1 tablespoonful mustard Salt a mixture of any three of
1 qt. of vinegar these ingredients

1. Cut the vegetables into neat pieces.
2. Put a few at a time into a piece of old cotton cloth and dip them into boiling brine (1 pt. water, 2 tablespoonfuls salt).
3. Mix the dry ingredients to a cream with some of the vinegar.
4. Boil remaining vinegar, add the creamed ingredients and bring all just to boiling point. Pour over the vegetables.
5. Stir occasionally until cool; add a little more vinegar if too thick. Bottle and tie down. The pickle should be kept for at least a month to mature.

RECIPES FOR WEEK III

MONDAY

BEEF ROLL

- | | |
|---|----------------------------------|
| 1 lb. minced beef (raw) | 1 teaspoonful salt |
| $\frac{1}{2}$ lb. scraps of bacon cut into small pieces | $\frac{1}{2}$ teaspoonful pepper |
| $\frac{1}{4}$ lb. breadcrumbs | 1 egg and water to mix |
| 2 teaspoonfuls chopped parsley | |

1. Mix all dry ingredients. Add the beaten egg and water and mix thoroughly.
2. Form into a roll, tie tightly in a greased cloth, and boil gently for 2 hours.
3. When done, tighten the cloth and press between two plates with a small flat iron on top.
4. When cold remove from cloth and cover with raspings (baked breadcrumbs) to prevent the outside from becoming dry if the roll is not to be used at once, and to improve the appearance.

Potatoes—3 lb., mashed

Salad—According to season

STEAMED TREACLE LAYER PUDDING

- | | | |
|----------|---|------------------------------|
| Pastry { | 10 oz. flour | Lemon rind, grated |
| | 1 large teaspoonful baking powder unless self-raising flour is used | $\frac{1}{2}$ lb. treacle |
| | 4 oz. suet | 2 tablespoonfuls breadcrumbs |
| | Water to mix | |
| | | |

1. Make a soft pastry of the pastry ingredients.
2. Grease a basin.
3. Put in $\frac{1}{2}$ of the treacle.
4. Divide the pastry into three pieces.
5. Put one over the treacle in the basin; press it out to reach to the sides of the basin.
6. Mix remaining treacle, breadcrumbs and lemon rind. Put a layer of this on to the suet pastry in the basin:
7. Cover the next piece of pastry. Repeat once more.
8. Cover with a greased paper and steam for $2\frac{1}{2}$ hours.

LENTIL AND TOMATO SOUP

- | | |
|--|--|
| 12 oz. lentils (soaked) | 2 qrt. of water or liquor in which meat (the roll) or vegetables have been boiled. |
| Bacon rinds or bones | Small tin of tomatoes ($2\frac{1}{2}$ d.) |
| 1 oz. margarine | 1 oz. flour |
| Onion, carrot, turnip, celery (outside pieces) | Pepper and salt and herbs |

1. Fry the bacon rinds or bones in the margarine.
2. Add all the vegetables (cut small) and stir over heat for 5 to 10 minutes until they smell savoury.
3. Add the tomatoes from the tin and the water and pepper and salt.
4. Cook all together until tender, stirring occasionally.
5. Remove the bacon rinds.
6. Add the flour, mixed to a cream with a little milk or water, and boil for a few minutes.

RECIPES FOR WEEK III

WEDNESDAY

TUESDAY

LIVER AND BACON

- 1 lb. ox liver cut into slices
- $\frac{1}{4}$ lb. scraps of bacon
- 1 oz. flour
- Pepper and salt
- 1 oz. dripping

} Mixed together

1. Wash liver well and sprinkle with salt. Drain thoroughly and cut into slices.
2. Dip the slices of liver in the seasoned flour.
3. Melt the dripping in a baking tin.
4. Arrange the liver in the tin with bacon on top.
5. Cover with greased paper or another tin.
6. Cook gently for $\frac{3}{4}$ hour, uncover and continue cooking for 10 minutes.
7. Dish the liver and make gravy, using up the remaining flour. Season with gravy salt.

Potatoes—3 lb. Baked in the skins

Braised Onions

- 2 lb. onions
- 1 oz. margarine or dripping
- 1 oz. brown sugar

1. Melt the dripping; fry the onions whole until coloured a little.
2. Pack them into a jar with the sugar and salt.
3. Cover and bake until tender.

CORNFLOUR MOULD AND JAM SAUCE

- 1 $\frac{1}{2}$ pt. milk
- $\frac{1}{2}$ pt. water
- 2 oz. sugar
- 3 oz. cornflour (light weight)
- $\frac{1}{4}$ lb. jam
- 2 oz. sugar
- $\frac{1}{4}$ pt. water

} Sauce

1. Proceed as in Sunday's recipe for cornflour.
2. Turn it into mould or basin which has been rinsed out with cold water, and allow it to become quite cold.
3. Boil the jam, sugar and water together, but do not strain.
4. Pour this sauce round the mould when it is turned out.

RECIPES FOR WEEK III

WEDNESDAY

STEWED RABBIT

1 rabbit cut up into pieces
Bacon rinds, washed
Carrot, onion, turnip

Dumplings { 4 oz. self-raising flour
1 oz. suet
Salt and pepper
Parsley
Water to mix

1. Soak rabbit in cold water for as long as possible, then wash in warm salt water.
2. Put the rabbit and vegetables into a saucepan or jar and nearly cover with water. Add gravy salt and pepper.
3. After cooking gently for $1\frac{1}{2}$ hours, remove the bacon rinds. Add the dumplings and continue cooking for 30 minutes.
4. Serve in the jar or turn out on to a dish.

Potatoes—3 lb. steamed or boiled

STEAMED FIG PUDDING

10 oz. flour
4 oz. suet, finely chopped
8 oz. figs
4 oz. brown sugar

1 teaspoonful baking soda
1 teaspoonful mixed spice
Water to mix to a stiff batter

1. Make in the same way as a suet pastry, but a little more moist.
2. Steam for 2 to 3 hours.
3. Make a thin custard sauce using $\frac{1}{2}$ pt. milk made up to $\frac{1}{2}$ pt. with water, 1 large teaspoonful custard powder and sugar.

MACARONI CHEESE

6 oz. macaroni
6 oz. cheese, grated
1½ oz. margarine

1½ oz. flour
 $\frac{1}{2}$ pt. milk
 $\frac{1}{2}$ pt. water in which macaroni has been boiled

Piece of toast
Mustard and salt

1. Break up the macaroni, put it into fast boiling salted water and cook until very tender (about $\frac{1}{2}$ hour).
2. Melt the margarine, add the flour and mustard, then pour in the milk and macaroni water and cook this sauce well.
3. Add $\frac{2}{3}$ of the cheese, which must be allowed to dissolve, then salt to taste and the macaroni.
4. Pour into a rather shallow dish and sprinkle with the remaining cheese.
5. Brown in the oven or in front of the fire. It must be served very hot.
6. Decoration of toast may be added to make it look attractive.

THURSDAY

FRIED SAUSAGES

1½ lb.

1. Wipe sausages and prick with a fork.
2. Flour lightly and fry gently in a little hot fat, or bake in the oven.

Potatoes—3 lb. mashed

Peas—½ lb. (dried)

1. Wash and soak the peas for 24 hours in water to which a teaspoonful of bicarbonate of soda has been added.
2. Place in salted water, bring to the boil, and cook gently until tender.
3. Toss in a little sausage fat when finished.

APPLE DUMPLINGS

2 oz. brown sugar
6 apples

Pastry { 8 oz. flour
4 oz. lard
Water to mix

1. Peel and core the apples.
2. Mix the pastry to a stiff dough, cut into six even-sized pieces and roll each into a round.
3. Place apple in centre, put sugar in the apple, damp edges of pastry.
4. Make into neat balls. Bake carefully.

FRIED ONIONS AND EGGS

4 eggs
 $\frac{1}{2}$ lb. onions
2 oz. margarine

Pepper and salt
4 slices bread

1. Toast the bread, fry the onions golden brown and place on the toast.
2. Fry the eggs gently, or poach in simmering water. Dish the eggs on the onions and serve very hot.

RECIPES FOR WEEK III

FRIDAY

MUTTON PIE

1 lb. breast of mutton cut into small pieces $\frac{1}{2}$ teaspoonful pepper
2 lb. potatoes, cut up 2 teaspoonfuls salt
 $\frac{1}{2}$ lb. onions

Short Pastry { 8 oz. flour
 4 oz. lard

1. Arrange meat and vegetables in layers in pie dish with pepper and salt.
2. Moisten the rim of pie dish and cover it with pastry.
3. Fill the dish with water.
4. Moisten the pastry rim, cover the pie with pastry, pressing the edges lightly together and making a hole in centre.
5. Bake for 2 hours. Fill up with hot water.

Greens—2 lb.

STEWED PLUMS OR PRUNES

Syrup { $1\frac{1}{2}$ lb. plums or 1 lb. prunes
 4 oz. sugar
 $\frac{1}{2}$ pt. water

1. Boil sugar and water together to make a syrup.
2. Put in washed plums and stew until just tender.
If prunes are used soak the fruit overnight. Stew in a jar or pan, using the water in which the fruit was soaked. When tender, add 4 oz. sugar and continue stewing for a little longer.

SAGO PUDDING

4 oz. sago $1\frac{1}{2}$ pt. milk
 $\frac{1}{2}$ pt. water 2 oz. sugar

1. Wash the sago and put into the pie dish with the water. Cook gently in the oven until the water is absorbed, keep the dish covered meanwhile.
2. Add the milk, sugar, and a little nutmeg and continue cooking in a slow oven until creamy and brown (no cover).

POTATO OMELETTE

Cold potato 1 oz. dripping
Chopped parsley Pepper and salt
Fish or meat and onions

1. Melt the dripping, and fry the onion unless fish is used.
2. Add the other ingredients to the frying pan. Stir until they are well mixed and hot.
3. Press all to the end of the frying pan and brown. It will take about 10 minutes to brown this thoroughly.
4. Turn out on to a hot dish.

SATURDAY

MINCE AND RICE

1 lb. minced meat (raw) 1 oz. flour $\frac{1}{2}$ teaspoonful pepper
1 oz. dripping $\frac{1}{2}$ pt. water 6 oz. rice
2 oz. onion or more if liked 1 teaspoonful salt

1. Melt the dripping and fry the onion golden brown.
2. Add the flour and continue frying gently for a few minutes; pour in the water and boil well together.
3. Stir in the meat and pepper and salt and cook together, very gently for 1 hour. Stir from time to time. The mince then should be a nice brown colour if the onions have been properly fried, but gravy salt must be added if the colour is not good.
4. While the mince is cooking, wash the rice and boil it in fast boiling salted water. Strain.
5. Dish by making a border with the rice and pouring the mince inside this border. Decorate with pieces of toast if liked.

Swedes—3 to 4 lb. Boil until tender, add pepper and salt and mash.

OPEN JAM TART

8 oz. flour Water and a little salt
4 oz. lard $\frac{1}{2}$ lb. jam

1. Rub the fat into the flour.
2. Mix to a dry paste with water.
3. Line a tin with the pastry, put in the jam and bake.

BAKED MACKEREL

4 mackerel $\frac{1}{2}$ oz. dripping
Pepper and salt Parsley

1. Melt the dripping in the baking dish.
2. Put in the mackerel, sprinkle with pepper and salt. Cover with a plate or greased paper.
3. Bake until tender, basting with the liquor from time to time.
4. Sprinkle with chopped parsley, baste once more with the hot liquor.
5. Serve in the dish in which they were cooked.

D stands for Dinner T " " Tea S " " Supper H.T. " " High Tea		Foodstuffs																					Total Quantities used in Recipes
		Beef	Minced Beef	Cheese	Milk	Suet	Lard	Margarine + Dripping (joint)	Flour	Sugar	Potatoes	Lentils	Bread	Oatmeal	Rice	Treacle	Eggs	Raisins	Dates	Tripe	Herrings	Cocoanut	
		5 lb.	1 lb.	1 lb. 4 oz.	5 3/4 pt.	15 oz.	8 oz.	1 lb. 1 oz.	4 lb. 15 oz.	1 lb. 1 1/2 oz.	15 lb.	12 oz.	16 oz.	4 oz.	8 oz.	8 oz.	3	4 oz.	8 oz.	1 lb. 8 oz.	4	4 oz.	
SUNDAY																							
D.	Roast Beef, Yorkshire Pudding	5			1/4				4								1						
	Green Vegetable, Potatoes										3												
	Rice Pudding				1			1/2	2					4									
T.	Bread and Butter and Cocoanut Cake				1/4			6	16	6							1					4	
S.	Bread and Cheese Cress																						
MONDAY																							
D.	Cold Beef, Winter Salad																						
	Mashed Potatoes										3												
	Steamed Date Pudding				1/8	3			8	4									1/8				
	Custard Sauce				1/2					1/2													
H.T.	Cheese Savoury				6	1/2		1 1/2	1 1/2				3										
	Bread and Milk																						
TUESDAY																							
D.	Shepherd's Pie							1	1		3												
	Parsnips or Carrots																						
	Treacle Tart						4		8			1			8								
H.T.	Split Pea or Lentil Soup; Bread and Cheese				1/2			1				12											
WEDNESDAY																							
D.	Cornish Pie and Gravy						4	1	8		1												
	Greens																						
	Baked Apples and Custard				1/2					1													
H.T.	Soup (remains)																						
	Cheese and Rusks																						
THURSDAY																							
D.	Stewed Tripe and Onions				1/4				1 1/2											1 1/2			
	Potatoes										3												
	Steamed Plum Duff					4			12	2									4				
H.T.	Savoury Rice				6	1/2									4								
	Rusks, Bread and Milk																						
FRIDAY																							
D.	Minced Meat Roly		1			4			12														
	Potatoes, Celery								1		2												
	Brown Sauce							1 1/2	1 1/2														
	Rusks and Jam																						
H.T.	Fried Herrings, Bread and Milk							2					1								4		
SATURDAY																							
D.	Savoury Pudding, Gravy				2	4		2 1/2	1 1/2			12	3				1						
	Parsnips																						
	Chocolate Custard				1					2													
M.T.	Melted Cheese on Toast				8																		

D stands for Dinner T " " Tea S " " Supper H.T. " " High Tea			Foodstuffs															Total Quantities used in Recipes										
			Pork	Beef	Mutton (breast)	Sausage	Minced Beef	Bacon	Cheese	Milk	Herrings	Suet	Lard	Margarine + Dripping (joint)	Flour	Sugar	Jam	Potatoes	Bread	Oatmeal	Rice	Treacle	Haricot Beans	Cocoanut	Eggs	Fish	Figs	Sago
			1 lb. 8 oz.	1 lb. 8 oz.	1 lb.	8 oz.	1 lb.	2 oz.	6 oz.	2 3/4 pt.	8	15 oz.	4 oz.	1 lb. 9 oz.	5 lb. 8 oz.	1 lb. 2 oz.	8 oz.	2 1/2 lb. 8 oz.	10 oz.	4 oz.	8 oz.	1 lb. 1 oz.	12 oz.	4 oz.	3	1 lb. 8 oz.	1 lb.	3 oz.
SUNDAY			lb.	lb.	lb.	lb.	lb.	oz.	oz.	pt.		oz.	oz.	oz.	oz.	oz.	oz.	lb.	oz.	oz.	oz.	oz.	oz.	oz.		lb.	lb.	oz.
D.	Roast Pork, Sage and Onions	...	1 1/2											1					8									
	Greens, Potatoes	...																3										
	Apple Pie	...											4		8	2												
T.	Bread and Butter, Cocoanut Rings	...												6	10	4								4	1			
S.	Bread and Cheese and Cress	...																										
MONDAY																												
D.	Steak Pie, Potatoes	...		1											4	9		3										
	Hot Beetroot	...													1/2	1												
	Steamed Jam Roly Poly	...										4			10		8											
H.T.	Pickled Herrings	...								4																		
	Bread and Milk	...																										
TUESDAY																												
D.	Fried Fish	...								1/2				3 1/2	4											1 1/2		
	Mashed Potatoes	...								1/2								3										
	Treacle Pudding	...										4			12							4						
H.T.	Cottage Soup	...							2	1/2				1	1			1/2										
WEDNESDAY																												
D.	Beef Collops	...					1							1	1			2										
	Steamed Potatoes	...																3										
	Boiled Rice and Treacle	...																			8	8						
H.T.	Grilled Herrings	...								4				1														
	Bread and Milk	...																										
THURSDAY																												
D.	Sausage in Batter	...				1/2				1/2				1	6										1			
	Carrots, Gravy, Potatoes	...													2	1		3										
	Apple and Sago	...															2											3
H.T.	Savoury Beans	...						2						1								2	12					
	Bread and Milk	...																										
FRIDAY																												
D.	Hot Pot	...			1										1/2			2										
	Swedes	...																										
	Steamed Fruit Pudding	...										4			12	4												
H.T.	Bread and Cheese	...																										
	Parkin Biscuits	...								1/2				2 1/2	4	2					4	3			1			
SATURDAY																												
D.	Sea Pie	...		1/2								3			9													
	Potatoes	...																2										
	Stewed Figs and Custard	...								1						4											1	
H.T.	Baked Potatoes and Cheese	...							4									2										

WEEK III

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NOTES FOR USE OF TEACHERS OF DOMESTIC SCIENCE

For the convenience of teachers of Domestic Science a list of foodstuffs together with their food values in terms of their content of protein, fat, and carbohydrate, and calorie value is given on page 26. By using the table of food values it is easily possible to select alternative foodstuffs and increase the variety of the diet without altering its nutritional value. It will be understood that, although this report deals with modifications of Diet 16, alterations in the other diets listed in the B.M.A. Report on Nutrition, 1933, could be as readily made, and that for families of larger or smaller size the quantities of foodstuffs purchased can be adjusted according to the equivalent man-value coefficient of the particular family.

In this latter connexion the following table of calorie coefficients and cost coefficients may be of use, and reference to it will show that for Diet 16 the family coefficients would be:—

										Calorie coefficients	Cost coefficients
Father	...	...	...	...	...	...	...	...	...	1.00	1.00
Mother	...	...	...	...	...	...	...	...	...	.83	.83
Child, 6 to 8 years	...	...	...	...	...	...	...	...	...	.60	.60
„ 10 „ 12 „	...	...	...	...	...	...	...	...	...	.80	.80
„ 12 „ 14 „	...	...	...	...	...	...	...	...	...	.90	.90
Total coefficients	...	...	...	...	...	...	...	...	...	4.13	4.13

It may be pointed out that if there are children below the age of 6 in the family the cost coefficient will be higher than the calorie coefficient.

FAMILY COEFFICIENT TABLE

										Man-value calorie coefficients	Cost coefficients
Adult male	...	...	...	...	...	...	...	...	...	1.00	1.00
Boy over 14 years	...	...	...	...	...	...	...	...	...	1.00	1.00
Adult female	...	...	...	...	...	...	...	...	...	.83	.83
Girl over 14 years	...	...	...	...	...	...	...	...	...	.83	.83
Child 12 and under 14 years	...	...	...	...	...	...	...	...	...	.90	.90
„ 10 „ 12 „	...	...	...	...	...	...	...	...	...	.80	.80
„ 8 „ 10 „	...	...	...	...	...	...	...	...	...	.70	.70
„ 6 „ 8 „	...	...	...	...	...	...	...	...	...	.60	.60
„ 3 „ 6 „	...	...	...	...	...	...	...	...	...	.50	.59
„ 2 „ 3 „	...	...	...	...	...	...	...	...	...	.40	.54
„ 1 „ 2 „	...	...	...	...	...	...	...	...	...	.30	.47

TABLE OF FOOD VALUES

Per lb.	Protein (grams)	Fat (grams)	Carbohydrate (grams)	Calorie
Beef, forequarter ...	85.3	83.5	—	1,126
Beef, hindquarter ...	75.3	135.6	—	1,570
Pork ...	67.6	111.1	—	1,310
Mutton ...	50.4	169.2	—	1,780
Beef, corned ...	119.3	84.8	—	1,278
Liver, ox ...	90.3	14.5	20.0	587
Tripe ...	71.7	9.5	—	382
Sausage, beef ...	50.8	80.3	68.9	1,238
Rabbit ...	56.7	20.4	0.4	424
Suet, beef ...	5.4	423.2	—	3,958
Dripping, or lard ...	—	453.6	—	4,219
Fish, cod ...	66.2	0.4	—	276
Fish, herring, fresh ...	66.2	39.9	—	643
Fish, herring, kipper ...	64.0	50.4	—	730
Fish, herring, salted ...	100.7	57.2	—	944
Fish, haddock, fresh ...	54.4	0.9	—	232
Fish, haddock, smoked ...	67.6	0.9	—	286
Fish, ling ...	61.7	1.8	—	270
Fish, mackerel ...	49.9	28.1	—	466
Bread, white ...	32.7	0.9	218.2	1,037
Bread, brown ...	31.8	1.8	216.4	1,012
Flour ...	45.8	7.3	342.5	1,660
Milk (pint) ...	18.7	20.4	27.2	378
Eggs ...	50.3	45.8	6.3	659
Bacon, streaky ...	46.7	245.8	—	2,478
Bacon, shoulder ...	35.8	261.3	—	2,577
Cheese, hard, full milk ...	116.6	158.8	14.1	2,011
Cheese, skim ...	146.1	52.6	42.6	1,260
Butter ...	0.9	376.5	—	3,503
Margarine ...	0.9	384.7	—	3,579
Sugar, white ...	—	—	453.6	1,860

TABLE OF FOOD VALUES

Per lb.	Protein (grams)	Fat (grams)	Carbohydrate (grams)	Calorie
Jam	1.4	—	314.8	1,296
Treacle	7.3	—	271.7	1,144
Syrup, golden	1.4	—	346.6	1,427
Cocoa	82.1	121.6	182.8	2,215
Currants, dried	7.7	1.4	190.5	826
Prunes	11.3	0.9	153.8	685
Figs	9.1	2.3	256.3	1,109
Dates	6.3	0.4	268.5	1,131
Raisins	10.0	1.4	277.6	1,192
Cocoanut, fresh	9.5	112.9	17.7	1,162
Rice, polished	26.8	1.8	364.2	1,620
Sago or tapioca	0.9	0.1	397.8	1,636
Macaroni	53.1	0.9	348.4	1,656
Oatmeal, medium	54.0	39.0	317.5	1,886
Oats, rolled	59.4	29.5	315.2	1,809
Barley, pot	31.7	3.6	362.4	1,650
Beans, haricot	80.7	2.3	292.6	1,552
Beans, butter	84.4	3.2	282.1	1,532
Peas, whole green, dried	92.5	2.7	259.0	1,467
Peas, split, yellow	92.1	3.2	285.8	1,579
Lentils, split, red	91.2	1.8	289.8	1,579
Potatoes, old	8.6	0.1	82.1	373
Potatoes, new	7.3	0.1	92.0	410
Cabbage	3.2	0.2	17.7	88
Carrot	5.4	0.4	43.6	205
Turnip	5.4	0.4	20.0	108
Tomato	3.2	0.4	20.4	101
Watercress	5.9	1.4	13.6	93
Lettuce	3.2	0.6	5.4	41
Apples	1.3	0.9	44.4	196
Lemons	0.9	0.9	4.5	31
Oranges	2.7	0.4	29.9	137

NOTES

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